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CHRISTIANS MASSACRED IN PAKISTAN

SUICIDE BOMBERS TARGET SUNDAY CHURCH SERVICE PAGE 6

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Steve Hawchuk, owner of Paddlewheel Riverboats Ltd. and captain of the M.S. Paddlewheel Queen, took the iconic Winnipeg ship on its last trip Sunday. SHANE GIBSON/METRO

Paddlewheel Queen goes for one last spin

Ship for sail. Captain hopes to find buyer for beloved Winnipeg icon

SHANE GIBSON
shane.gibson@metronews.ca

The big wheel has stopped turning on the M.S. Paddlewheel Queen.

The Winnipeg icon set out on its last cruise Sunday afternoon after nearly 50 years of lazy summer trips up and down city waterways.

"It's just time to quit," said Paddlewheel Riverboats Ltd. owner Steve Hawchuk, who's captained the Queen for the last 44 years.

"We've had some rough years here with flooding, high water and regulations.

"Besides, I'm 75 years old.... It's time for somebody else to take over."

As of yet, though, no one's stepped up to buy the riverboat or its sister ship, the currently-docked M.S. Paddlewheel Princess.

"I want to see these boats operating," said Hawchuk. "I don't want to see them just sit; they're a Winnipeg tradition."

As well as a decline in ridership over the past few years, Hawchuk said new ownership at a Selkirk dry dock has left the company struggling to find somewhere to have the 48-year-old ship land for federal inspections.

"I have mixed emotions," said Hawchuk before his last trip. "We've had over three million people on here … from graduations to weddings. You name it, we've done it."

Famous passengers

According to Paddlewheel owner Steve Hawchuk, the Queen has seen its fair share of big-name passengers over the years, including former prime minister Pierre Trudeau, former Manitoba premier Ed Schreyer, the Guess Who and even KFC founder Colonel Sanders.

Frank Laba and his sons Noah, 3, and Zechariah, 6, were among the last 100 passengers to board.

He told Metro his family has marked special occasions on the boat for more than 40 years.

"It's part of our history that's going to be lost," said Laba.

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SUCKED AT THE GAME BUT HAD FUN

WHAT'S GOOD
Ace Burpee

Our Blue Bombers are struggling a little bit. Wins are a tad hard to come by. Here's at least some good news, however.

They are not the worst team ever in the history of sports. I know this because I was a member of the worst team in the history of sports. We were hilarious, yes, but good? Not at all.

It was the 1980s, and in my hometown of Cooks Creek, a hockey team was started. Due simply to the number of children in my town, EVERY SINGLE KID was on the hockey team. What was assembled looked more like the makings of a cliché Disney sports movie, except without the Hollywood ending. Our shortcomings were as follows:

The two best skaters on our team wore figure skates. Nice girls, but generally figure skates and hockey aren't best friends. Someone was elected to play goal, as not only could he not skate, he didn't even own skates.

We had kids with no helmets, some with helmets but no cage, and one kid wore a snowmobile helmet. We were easily the most ridiculous-looking hockey "team" in history. We practised once a week, outdoors, no cancellations due to –30 C and at the end of the year we played our one and only game. We lost to the East End Wings. I think it was 12-0.

So. There. It can always be worse, and most definitely still be fun. **ACE BURPEE IS A LOCAL WRITER, RADIO-SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD**

Fatal North End fight.
Man reportedly killed by machete identified

Winnipeg police have identified the man killed after a reported machete attack during a brawl in the North End Friday.

Phillepp Rick George Amos, 25, and another man were found outside a Manitoba Housing complex in the 100 block of Robinson Street just after 4 a.m.

Amos was taken to hospital in critical condition, and later died. The other victim, a 38-year-old man, was taken to hospital in stable condition.

Police said Amos died from stab wounds and blunt-force trauma.

Anyone with information is asked to call police at 204-986-6508. **METRO**

Died in hospital. Head-on East Kildonan crash kills two Winnipeg women

Two women are dead following a serious crash in East Kildonan Saturday night.

Police were called to the corner of Budden Drive and Gateway Road around 9:30 p.m. after a northbound Ford Explorer on Gateway veered into the southbound lane, crashing head-on into a Pontiac Grand Am.

The two occupants of the Grand Am, a 23-year-old woman and a 42-year-old woman, were both taken to hospital in critical condition, where they later died.

Both the 28-year-old woman and the 31-year-old man in the Explorer were taken to hospital with non-life-threatening injuries. **METRO**

Liberals hold leadership debate

Provincial politics.
Latest leadership hopeful, Bob Axworthy, too late for debate

The uphill battle facing the Manitoba Liberal Party was evident in Portage la Prairie this weekend as some 45 people attended the party's first leadership debate in a largely empty auditorium.

Rana Bokhari and Dougald Lamont fielded questions on everything from the economy to marijuana during the 90-minute contest Saturday, and largely agreed with each other.

They also agreed when one audience member stood up and said the party needs to focus less on policy and more on rebuilding.

"That frustration that you're feeling right now — that's why I'm here today. I feel it too," Bokhari told the man. "You have to engage people, you have to mobilize people."

Lamont pointed to the fact that Liberal membership numbers have risen in recent months — by about 40 per cent to 1,200 according to party officials — partly due to the leadership contest. He also said the NDP government's popularity is dropping after 14 years in power, and the Progressive Conservatives are too far right.

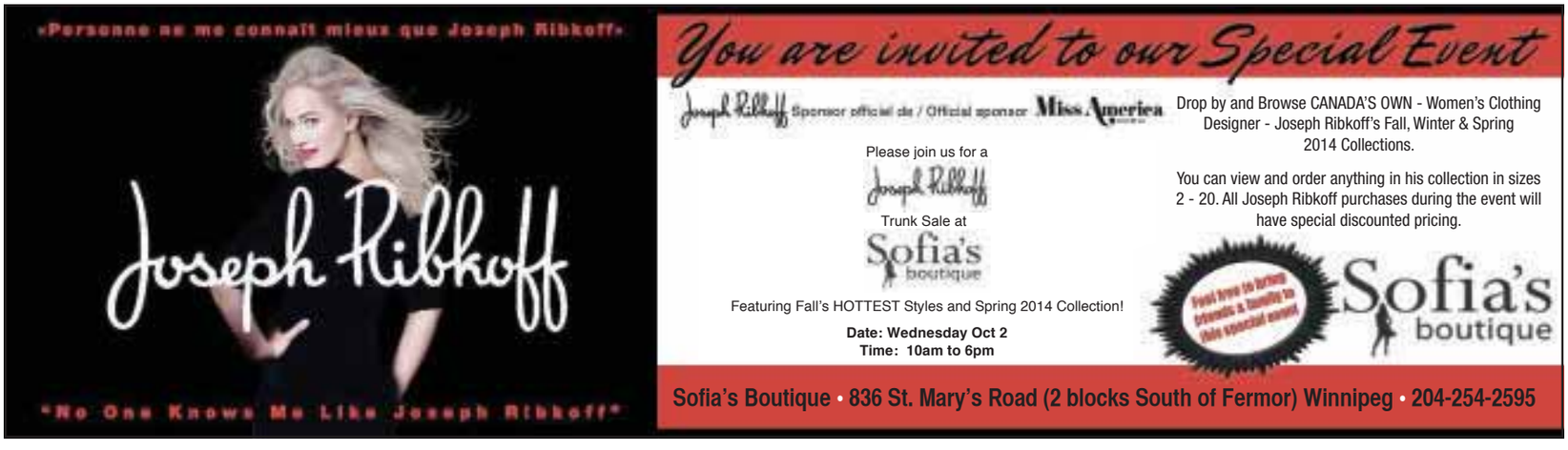
A third leadership candidate, Bob Axworthy, had not completed his nomination paperwork and was not allowed to take part in the debate, but did sit in the audience.

The Liberals have scheduled a second debate for Oct. 3. The party will elect a new leader Oct. 26 via a one-member, one-vote system. **THE CANADIAN PRESS**

Parking spot becomes art

Francesca Carella, Sean McLachlan and Rebecca Toderian got some curious gazes Friday when they set up a pop-up print shop in a metered parking spot on Main Street for Park(ing) Day. The event encourages participants around the world to find new uses for parking spots and was held in the city as part of the Winnipeg Design Festival.

BERNICE PONTANILLA/METRO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Rescue mission. 'Most' of remaining hostages saved: Kenyan officials

Kenyan's military said late Sunday it had rescued "most" of the remaining hostages held by al-Qaida-linked militants in an upscale Nairobi mall after launching a major operation to end a two-day standoff that had already killed 68 people.

The assault, which began shortly before sundown, came as two helicopters circled the mall, with one skimming very close to the roof.

Kenyan police said on Twitter that a "MAJOR" assault to end the bloody siege had started. THE ASSOCIATED PRESS

Family of Naguib Damji posted his photo on Facebook Sunday, identifying him as the second of two Canadians killed in Kenya. FACEBOOK

Recent attacks

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.
- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.
- **Aug. 7, 1998.** Al-Qaida bombed U.S. diplomatic missions in Kenya and Tanzania, killing 224 people.

Canada offers support to Kenyan government

Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya, Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Mall attack. Baird speaks to counterpart after Canadian diplomat, businessman killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist attack that killed at least 68 people, including two Canadians.

Media reports and Facebook users identified Vancouver businessman Naguib Damji as one of the two Canadians caught in the crossfire as gunmen used AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Officials have confirmed that the other victim was diplomat Annemarie Desloges, who worked at the Canadian embassy in Nairobi.

The attack that began Saturday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted what it called a final operation to end the siege.

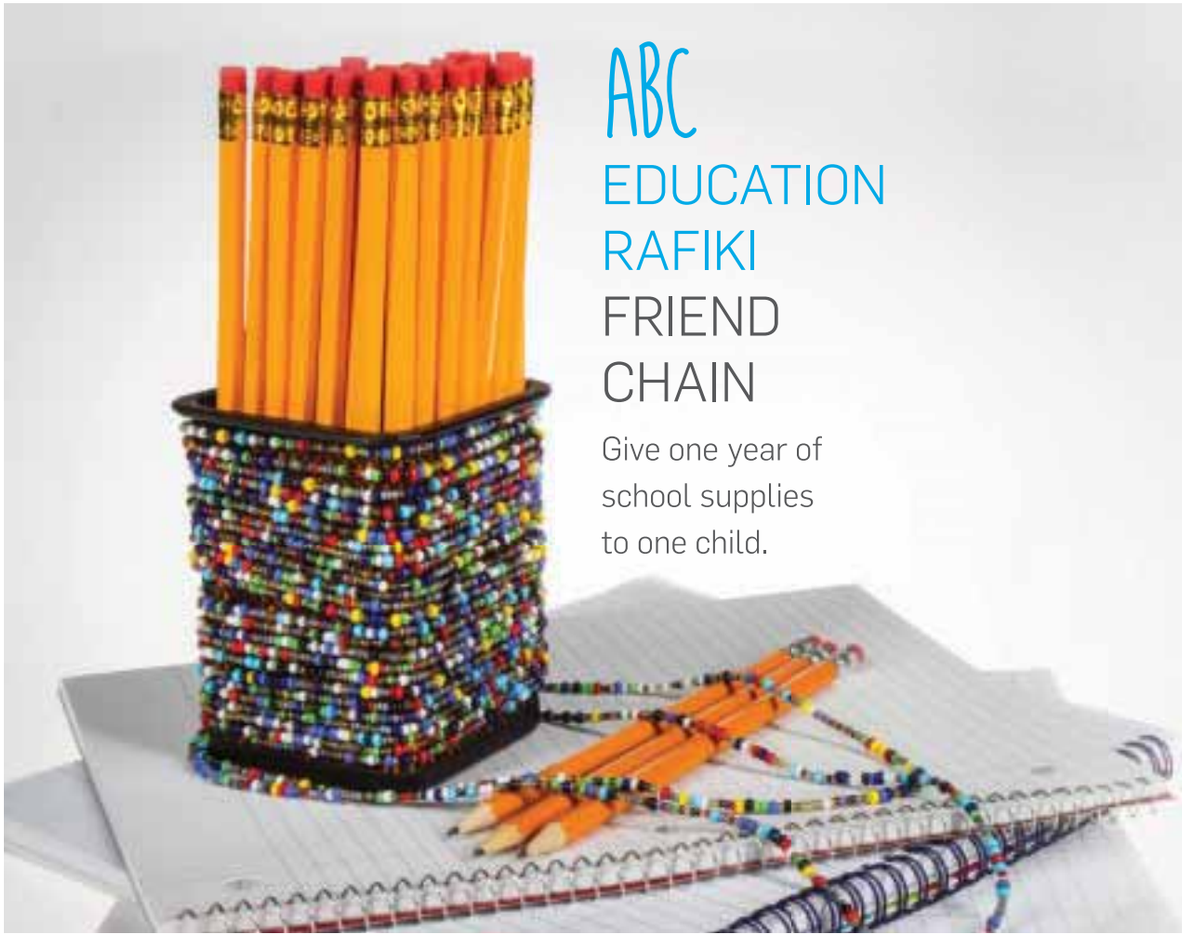
Somalia's radical rebel group, al-Shabab, claims responsibility for the attack as retribution for the presence of Kenyan troops in Somalia. It said there will be no negotiations.

At least two Canadian citizens and one permanent resident were among the 175 injured. THE CANADIAN PRESS

Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."

Foreign Affairs Minister John Baird



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Court battle. Public to see Omar Khadr for first time since capture 11 years ago

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

For his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Jeffrey Delisle

Military mad that it could not quietly court-martial spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the scandal.

The rules for courts martial give the military wide latitude on what evidence is kept secret. Through the court process, the public learned of lapses in security clearance and that top-secret defence computers were not as secure as the military believed. THE CANADIAN PRESS

Dozens slain in attack after church service

A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

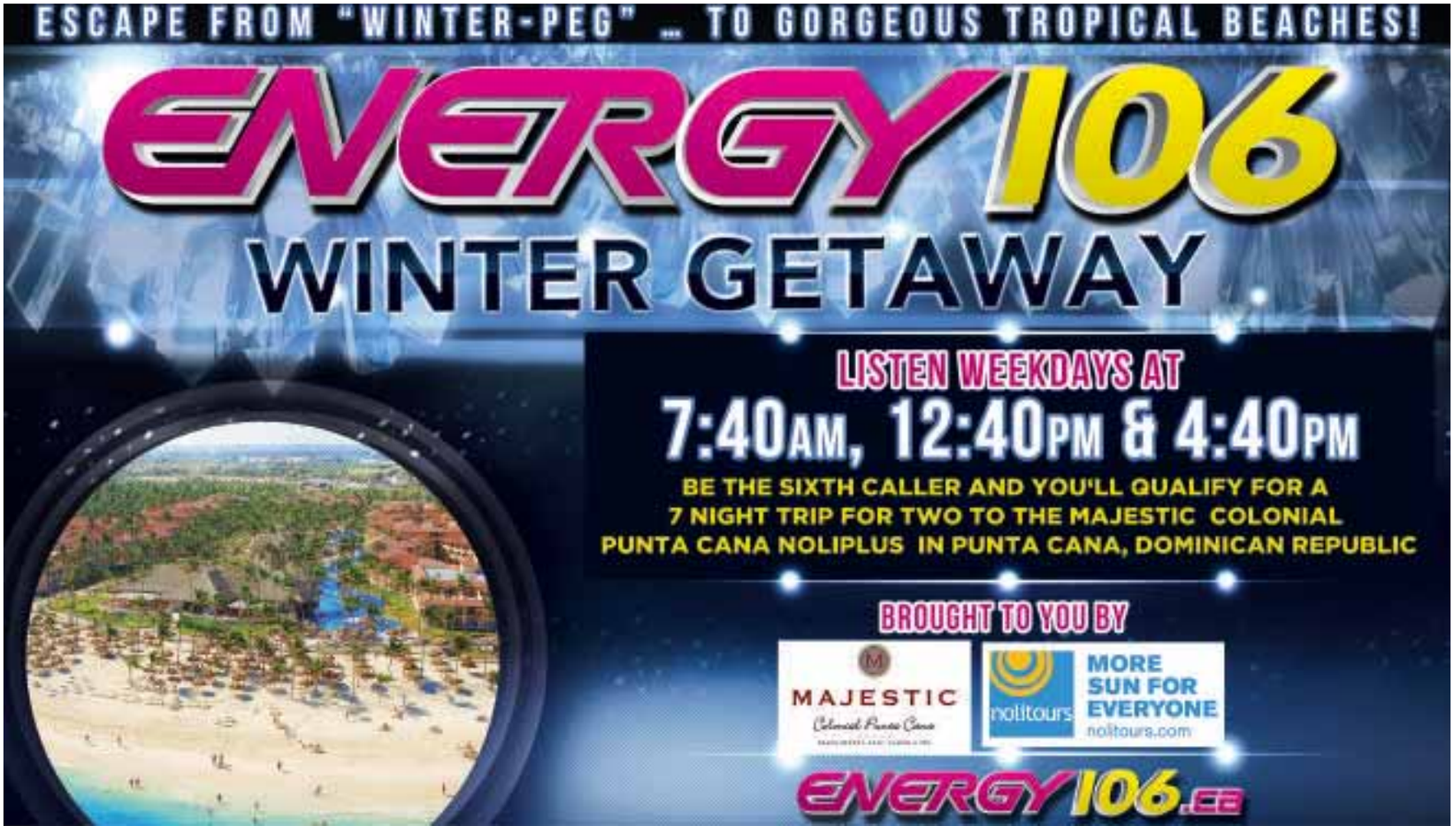
The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pock-marked with holes. Blood stained the floor and the walls.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene. THE ASSOCIATED PRESS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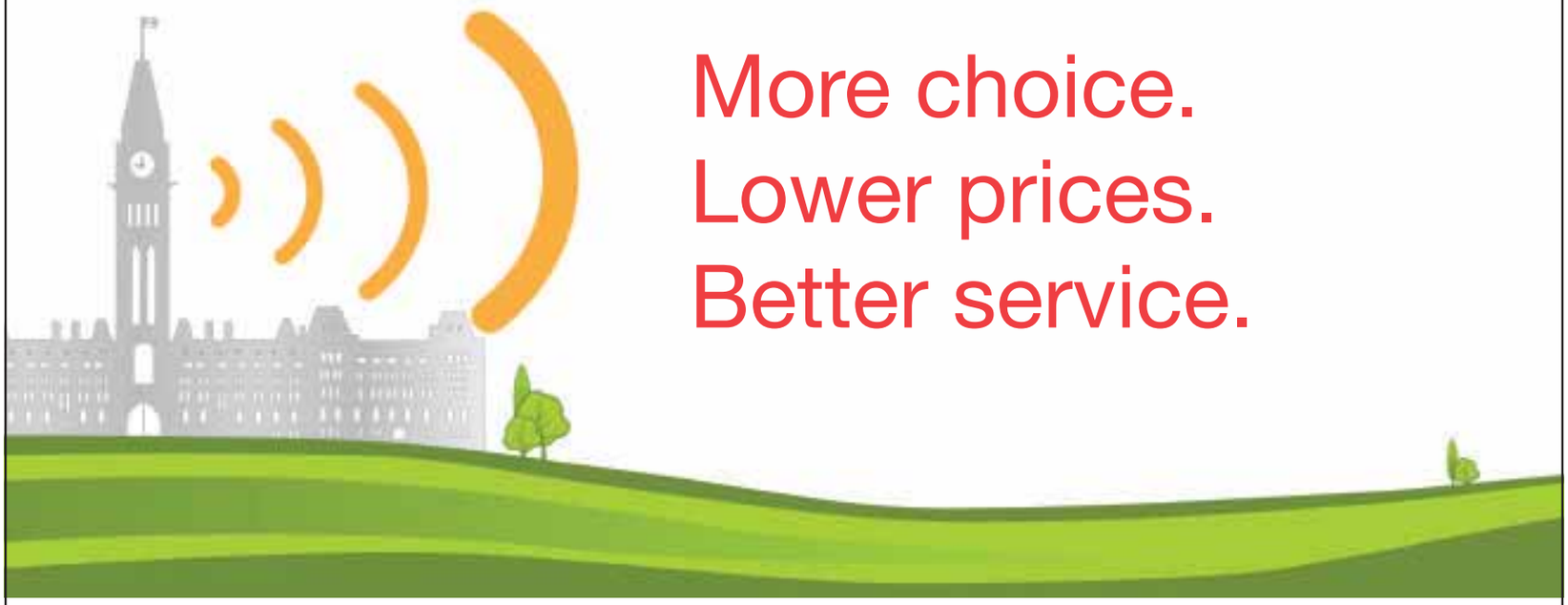

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Weekend carnage caps a violent summer in Iraq

Wave of attacks.
Suicide bombers strike two Baghdad funerals in two days, killing dozens

A suicide bomber detonated his explosive belt among Sunni mourners attending a funeral in Baghdad on Sunday, killing 16 people and wounding 35 others, officials said, in the latest episode of the country's near-daily violence.

Police officials said the evening attack took place when a suicide bomber detonated his explosive belt inside a tent where the funeral was being held in Baghdad's southern neighbourhood of Dora.

Two other attacks in the country's north left two policemen dead and 37 others wounded, the officials added.

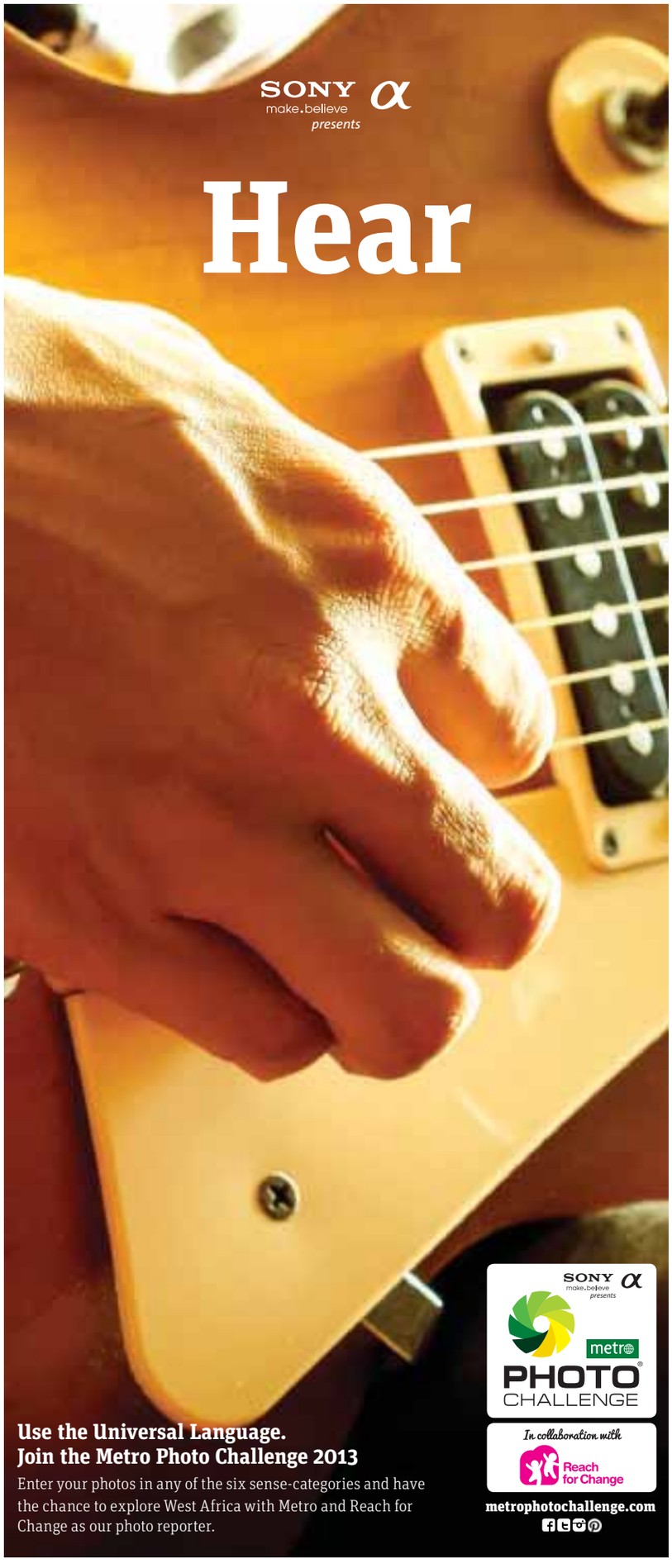
People inspect the site of a double suicide bomb attack in Sadr City, a neighbourhood of Baghdad.
KARIM KADIM/THE ASSOCIATED PRESS

Sunday's bloodshed came a day after a wave of attacks killed 104 people, most at a double suicide attack on a Shiite funeral in Baghdad.

Violence has spiked in Iraq during the past few months. More than 4,000 people have been killed between April and August, a level of carnage not seen since the country was on the brink of civil war in 2006-08.

Earlier on Sunday, a suicide bomber rammed an explosives-laden car into a residential area in the city of Kirkuk, wounding 35 people, Kirkuk police Brig. Gen. Anwar Mohammed Qadir said.

The bomber targeted both a Kurdish educational office and an adjacent house for a Christian lawmaker, Qadir said. Seven members of the lawmaker's family were wounded in the attack. THE ASSOCIATED PRESS



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Holts gets lucky with Pharrell Williams pop-up collaboration

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Toronto store

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits.

His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Miley Cyrus, teaming up with the pop star on her new album, Bangerz, due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: the 10th anniversary of his Billionaire Boys Club clothing line, which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday where a pop-up shop inspired by Williams was launched by the retailer.

Slated to be open until the end of October, the boutique will feature an assortment of items such as hats, hoodies, tees and jackets from Williams' various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The Canadian retailer will also feature BBC X Holt Renfrew, a special collaboration of exclusive sweaters and T-shirts for both men and women with prices starting at $68.

"It feels more like an installation in the sense that there's a curated experience," Williams said of the pop-up.

THE CANADIAN PRESS

Pharrell Williams products are shown at Holt Renfrew's Yorkdale store in Toronto on Saturday.
COURTESY GEORGE PIMENTEL/HOLT RENFREW

Celeb artifacts

Check out his stuff

Visitors to the shop will get to see some of Williams' prized personal possessions including a N.E.R.D action figure, Louis Vuitton sunglasses and a custom Swarovski hoodie. But he turned coy when asked about the symbolism behind the pieces included: "It'd be cooler not to describe them. I mean, I still want that element of, like, surprise."

THE CANADIAN PRESS

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THESE SPEED LIMITS HINDER SAFETY

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Speed kills, right? We've all heard the ads, we've seen the re-enactments, and we logically understand that car accidents are more deadly when they take place at higher rates of speed.

So how is it that a plan to reduce speed limits in school zones throughout the city — something that was formally made possible by provincial legislation approved last week — might actually be more dangerous than the status quo?

The problem is the city's desire to only reduce speed limits during certain portions of the day, and at specific times of year. Specifically, the public service recommended lower limits from 7 a.m. to 5:30 p.m., September through June, when the issue came before city council last year.

Now that would work great if school grounds were off-limits outside of those hours, but the reality is the schools are community hubs that see a great deal of activity year-round.

Gyms are used for sports teams, drama productions and community events. Most schools have adjacent playgrounds that are used at all hours of the day. Playing fields host hundreds of kids every night for soccer games in the spring and fall. And many schools are also located next to community centres or other public amenities.

Sure, the volume of people using school grounds outside of regular hours might be reduced in some cases, but the risk of an accident occurring is always there. In fact, without the presence of crossing guards, the risk could even be higher.

Part-time safety rules that tell drivers they only need to pay attention during certain times of day aren't going to help with that. The better option would clearly be to educate drivers to slow down near schools at all times: 8 in the morning, 8 in the evening, the middle of the night, September, July, whenever.

And drivers are only one half of the equation. Kids — who are unpredictable at the best of times — will become accustomed to cars driving a certain speed while they're on their way to school. Then, when they go back to hang out at the playground in the evening, vehicle speed has suddenly picked up by 67 per cent.

Most kids can barely keep track of their bedtime; do we really expect them to be keeping on top of floating speed limits in school zones?

Now the ideal safety solution might just be to lower residential speed limits to 40 kilometres per hour at all times, which is an idea I've written about in this space in the past. However, the city seems to have little appetite for this, mostly out of fear around complaints from drivers (a.k.a. voters) who would be mildly inconvenienced.

I expect that same fear will trump logic when it comes to setting part-time speed limits in school zones.

And I fear that we're speeding toward tragedy as a result.

ZOOM

Scary sky morning, alien warning

MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes are most frequent.
METRO

A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchee in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instructional videos available here are a domestic treasure trove. There's good stuff here for beginners, too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to metronews.ca**

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

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Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

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If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, one that quickly takes different turns and is seemingly on multiple paths at the same, it's the ever-present danger of it going off the rails.

But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument.

Her emotive delivery on Joy, off her latest album Halcyon, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile-bird heard just a moment earlier. On her forlorn cover of Elton John's Your Song, her eyes shine with tears and her voice has what seems like just a hint of sarcasm during the chorus.

Halfway through her performance, Goulding picks herself up off the floor, figuratively speaking.

By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track.

Things did get a bit messy at times, like during Under the Sheets, but overall Goulding proved herself, once again, to be one of the most interesting voices in pop music today. **EMINA GAMULIN/METRO**

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Business not as usual

2013 Emmy Awards. Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in Veep, with Jim Parsons claiming the top comedy acting trophy for The Big Bang Theory.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of Nurse Jackie won the night's first award for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of Modern Family.

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES

Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to cry."

Tony Hale of Veep claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of Modern Family.

"Oh, man. ... This is mindblowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

On the red carpet, there were plenty of slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses.

Claire Danes of Homeland wore a champagne-coloured beaded gown and Robin Wright of House of Cards was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for 30 Rock. **THE ASSOCIATED PRESS**

Online

- **For a full list of winners and more Emmy coverage, go to metronews.ca.**

SCENE

Liam Hemsworth. ALL PHOTOS GETTY IMAGES

Moving trucks confirm Hemsworth-Cyrus split

As if an official publicist confirmation of the split and photos of Liam Hemsworth kissing another woman weren't enough, photographers caught a sure sign that his relationship with Miley Cyrus is over on Friday as a moving truck was spotted outside Cyrus' Los Angeles home collecting the rest of Hemsworth's belongings, according to TMZ. It was unclear where the truck was headed once it was loaded up, but Hemsworth is back in Atlanta continuing work on the Hunger Games finale Mockingjay. Cyrus, sources say, initiated the split. "(It was) Miley's decision, after coming to grips with Liam being what she believed was less than faithful to her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's great to work with, now let me out of this basement

POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

Chris Brown

I know I did a bad thing but so did Jay-Z! Brown brings up rap legend's past

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."

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Travel bit

Avoid toddler plane hell

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent, you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of privilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

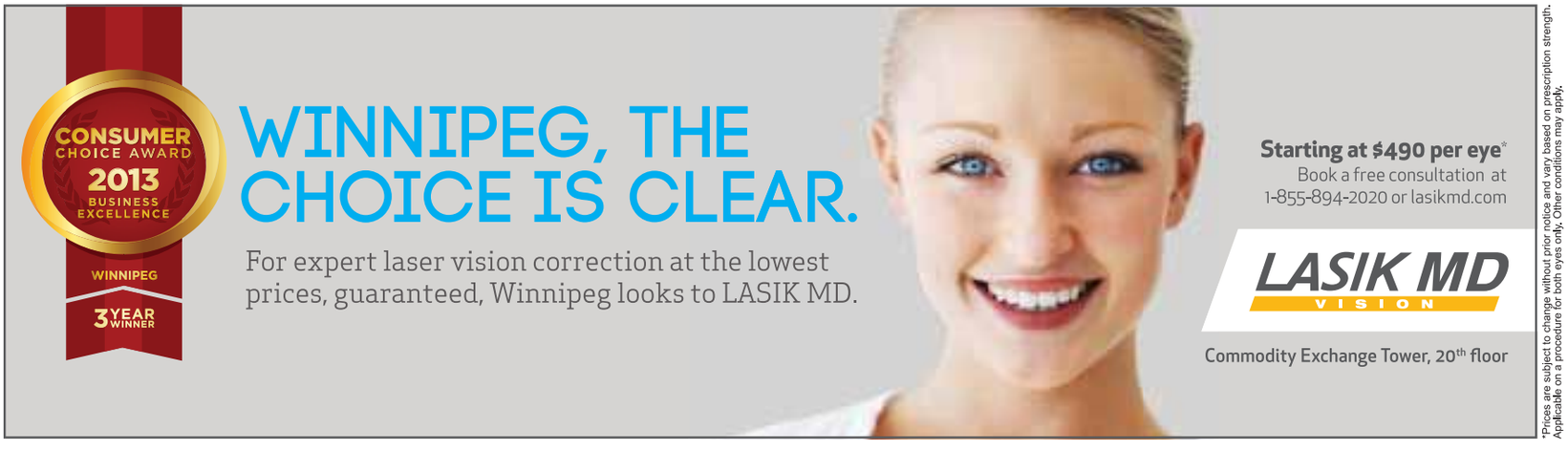
"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair. THE CANADIAN PRESS

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist
in a Psychology Today article

Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES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Fall fusion: Spicy gingerbread meets sweet banana loaf

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

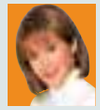
3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Ribs and chicken are both favourites for many people but one is clearly a better choice.

Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat

Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

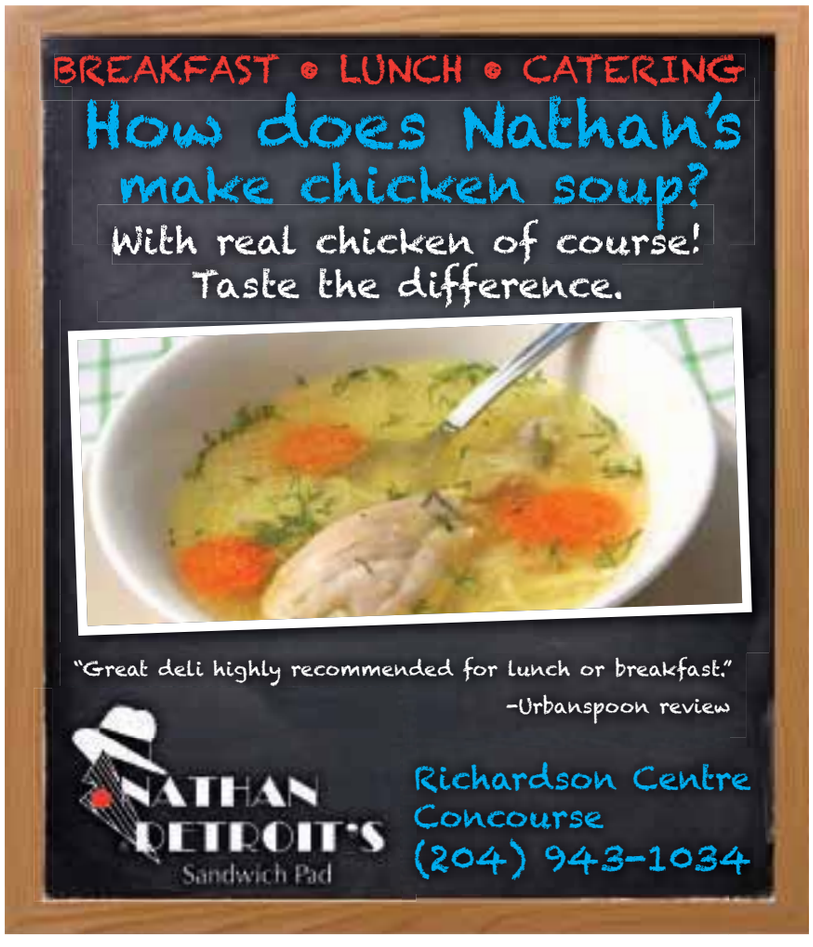
Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.

Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat

Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.



Sweet. Citrus-Spice Almond Butter Torte

Ingredients

- 1 1/4 cups granulated sugar
- 1 tsp cinnamon
- 1/2 tsp each ground cloves, allspice, dry ginger
- 1/4 tsp kosher salt
- 6 egg yolks
- 1 tsp vanilla extract
- Zest each of 1/2 orange and lemon
- 1 cup (2 sticks) unsalted butter, melted
- 1/2 cup toasted and finely ground almonds
- 2 cups all-purpose flour (sifted, then measured)
- 2 tbsp raw sugar
- Whole almonds, to garnish

1. Heat oven to 325 F. Coat 9-inch cake pan with baking spray, then line bottom with a circle of baking parchment.

2. In a medium bowl, whisk together the sugar, cinnamon, cloves, allspice, ginger and salt. Add the egg yolks, vanilla and both zests. Whisk until smooth, pale and slightly thickened. Gently whisk in the melted butter, then stir in the ground almonds. Gently fold in the flour, just until combined.

3. Spoon the mixture into the prepared pan and smooth the top. Sprinkle the raw sugar over the top, then decorate with whole almonds. Bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean. Let cool for 10 minutes, then remove from the pan and set on a wire rack to finish cooling. THE ASSOCIATED PRESS

First the alphabet, then the world of university

Decision time. Book on college acceptance race was inspired by author's own experiences: she signed her baby up for preschool too late

As a post-secondary school counsellor, Lacy Crawford thought she understood how students and their parents were driven crazy by the application process — until she had a baby. Crawford says that as soon as she was "late" to sign her four-month-old son up for preschool, she truly felt what it was like to walk in the shoes of the parents she'd been advising. That experience became her novel, Early Decision, which follows a top-tier counsellor and her students through the head-spinning frenzy of applications. We asked Crawford about walking the line between fiction and memoir for her debut novel.

How did you find the characters in the book?
All of the stories in Early Decision are based on things that happened. There were interactions between parents and students that really troubled me, that I couldn't get out of my memory and I wanted to try to understand them. I also wanted to write them in a fun way — it's a satire. It's accessible, and it's meant to let parents and students see what this process is doing to us.

So what do you feel the process is doing to us?
I think (the application process) puts the emphasis on getting in rather than growing up. So, I had the characters begin with their essays (the book features college essays from Crawford's fictional students) and I wrote their essays and then I figured out who their parents were and went from there.

It sounds like you're a little bit skeptical about the application process. Is that true?
I'm not an education expert — my experience is only anecdotal, but I think the process privileges the very privileged, the rich kids who attend private schools all the way through, or public schools in towns that have the really good schools. Those are the kids who know what they're competing for and how to compete for it. At the other end of the spectrum, there are underserved young people who, when they can perform, the top colleges are desperate for them. If you are an ethnic minority coming out of a top (or a terrible) public high school and you have great scores, ivy leagues will fight each other for you. In the middle are hundreds of thousands of kids, maybe millions — lots and lots of kids who are good, bright kids, coming out of middling high schools (that) haven't given them the resources they need to know what colleges are out there. And their parents are maybe working full time and maybe not obsessed with Yale, so they don't have the time and the resources to figure out how to give their kids all the boosts that the rich kids are getting.

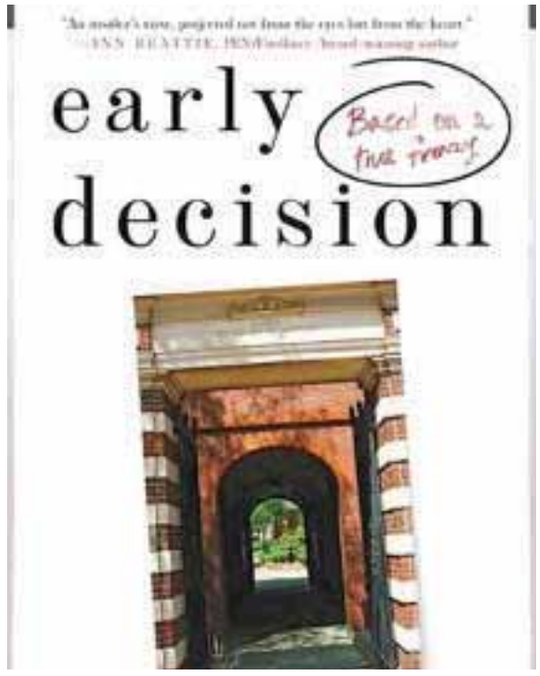
What are your feelings about your own kids and college?
My fantasy for my boys is actually a fantasy for myself. I hope that by the time they are 17, I am so confident of their character and so sure that they know their own hearts that I will be able to support whatever decisions they make.

METRO

Does the higher learning application process favour rich kids? ISTOCK

Mixed priorities

"I think (the application process) puts the emphasis on getting in rather than growing up."
Post-secondary school advisor Lacy Crawford



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May I have your attention, please?

Stay focused. A few simple exercises can help increase your child's concentration

Most students could maintain their focus if asked to complete a single activity in a quiet room by themselves. But put 30 children in a room together, and as the noise level increases, ability to concentrate decreases, and attention wanders.

A dropped pencil, a sneeze, a giggle, a bird outside the window — the list of distractions in a typical classroom is endless. Many parents and teachers might be forgiven for concluding that a child has Attention Deficit Disorder (ADD) if they are unable to remain focused, but it's possible many students simply have not been taught how to pay attention.

Nick Whitehead, the CEO of Oxford Learning, says that the increased number of children diagnosed with ADD may not necessarily mean that more children have attention deficits, but that we are not teaching our children the learned behaviour of paying attention.

"In addition to measuring and testing kids for attention deficit, we need to reconsider our lifestyles and the ways we teach children," he explains.

"Many kids can't pay attention because they have not been taught the skill of concentration. I am not trying to claim that attention deficits do not exist, however, many kids who have trouble paying attention do not have ADD. They merely have a short attention span."

Whether your child has been professionally diagnosed, or could simply benefit from better concentration skills, these tips can help all students remain focused and learn better:

Play the attention game. Teach and remind your child to be mindful/self-aware.

Use a cue. Say the child's name first to get his/her attention before giving directions.

Establish routines. Schedule consistent homework/study times and spaces.

Clear the clutter. Within a dedicated workspace, get rid of distractions (TVs, phones, radios, etc.).

Demonstrate. When teaching new tasks, demonstrate them. Repeat as necessary. Be patient.

Get organized. Teach and reteach organization skills. Before starting, break tasks into smaller, more manageable parts and go over all instructions clearly.

Build confidence. Celebrate every success, no matter how minor.

Be positive. Focus on successes, not failures. Look at what your child is doing well and celebrate it.

NEWS CANADA

There can be plenty of distractions in a classroom — arm your child with a few tricks to help block them. ISTOCK

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Discover your community with Active Aging Week

Stay Active. Continue to be involved.

ASHLEIGH MATTERN
For Metro

Boiled down to its core tenet, active aging can be described simply as sitting less and moving more, says Jim Evanchuck, executive director of the Active Living Coalition for Older Adults in Manitoba.

"It could be in their own home, in and around their own residence, or venturing out and finding out what's going on a little away from their residence," says Evanchuck. "It means engagement: connecting, participating, encouraging that to happen on a regular basis."

Active aging is about being able to do the kinds of things you would like to do, about being able to engage meaningfully with friends and family members, and not to be restricted to the kinds of activities you're involved in.

"Maintaining regular activity and moving on a regular basis will actually enhance your opportunities and ability to do that."

Active Aging Week is held the last week of September each year, and this year it falls from Sept. 22 to 28. This year's theme is Discover Your Community, which is meant to encourage older adults to discover – or rediscover – the community they live in.

"That's the important thing: getting outside the front door and checking out what's going on right in your own neighbourhood," says Evanchuck. "No matter how old you are, no matter what experience you've had with the activities, you can actually learn, and enjoy, and pick up activities at any age."

On Sept. 24, the Wellness Institute will host an Active Aging Day event with info booths and the opportunity to try activities like Nordic pole walking and pickleball.

And October is Seniors' and Elders' Month in Manitoba, and to celebrate there's a event being held at the Winnipeg Convention Centre on Oct. 1, which is Seniors' and Elders' Day. Admission is free, and the event includes live entertainment, interactive activities, information booths, giveaways, and a lunch.

Where to find Active Aging Week activities

- Check with your local seniors' centre
- Not sure where the nearest centre is located? Find out through the Manitoba Association of Senior Centres
- Flip through local newspapers like the Metro
- Visit the Active Living Coalition for Older Adults in Manitoba website at alcoamb.org
- Attend the Active Aging Day event at the Wellness Institute on Sept. 24

No longer yesteryear's old folks home

Communities. Many different kinds to enjoy

ASHLEIGH MATTERN
For Metro

Colin Milner, CEO of the International Council on Active Aging, says there are some misconceptions about retirement housing that need to be challenged.

These days, retirement communities are becoming much more lifestyle oriented, and are actively trying to change the public perception of what retirement housing can be. Instead of giving up a lifestyle, you're gaining a lifestyle.

"People think of senior living as the old nursing home: you drool, sitting in wheelchair all day long, and then you die, and that's it. And really that's not the case today," says Milner.

There are actually several different kinds of retirement communities. Active adult communities are for the younger 55 and over crowd, and with services like swimming pools and concierge service, they're more like resort living than what you might imagine retirement housing to be. Independent living communities are similar, but the average age of residents tends to be a bit older, at somewhere in the 80s.

Continuing care retirement communities offer a higher level of personal care. The age range at CCRCs can vary widely, as does the functional level of residents. Assisted living communities, where Milner's own parents live, are a good place for people who are maybe a little bit frailer, and need assistance with three or more activities per day. Nursing homes provide an even higher level of care for very low functioning individuals.

Another type is the naturally occurring retirement community, says Milner. "You've grown up in an area, and the other people you've grown up with got older, and the community around you is older, but it's not a specific senior living community."

When choosing retirement housing, it's important to do your homework. Each place will offer different services and cater to a different kind of lifestyle. Milner suggests visiting websites like retirementhomes.com, but also visiting the places you're considering and talking to the residents and staff.

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Safety and security at home

Safety Checklist

- Do all of your entrances have an outdoor light?
- Are all rooms, hallways and stairways in your home well lit?
- Are all throw rugs and scatter mats secured in place to keep them from slipping?
- Are there solid handrails on both sides of the stairway?
- Do you have non-slip surfaces in the tub or shower?

CHECKLIST SUGGESTIONS FROM THE SAFE LIVING GUIDE – A GUIDE TO HOME SAFETY FOR SENIORS

Safe haven. Tips on making your home better

ASHLEIGH MATTERN
For Metro

Home is often seen as a safe haven from the crazy world we live in, but for some older adults, that safe place can slowly become treacherous: The Public Health Agency of Canada reports that nearly half of all injuries among seniors occur at home.

Colin Milner, CEO of the International Council on Active Aging, says simplicity is an underrated factor in home safety.

"Make things simple," he says. "So if you're coming home at night, there's lots of good lighting, the door is easy to open, it's simple to turn the handle if you have arthritis. When you come in, the walkway is simple to get into, with no lip over the door that you could trip over."

He suggests either finding a safety checklist online, or bringing in a home safety professional to walk through the house with you. There's nothing like a fresh set of eyes to spot a problem.

Age and Opportunity: Support Services for Older Adults provides just such a program, called SafetyAid. Their team will even help to make small changes, such as installing security features like deadbolts and peepholes, and providing smoke alarm batteries. They can also provide items for fall prevention like non-slip bath mats, nightlights, flashlights, fluorescent stair tape, and ice melt.

For bigger safety renovations like a walk-in tub or handrails, Manitoba Housing has a program that seniors can apply to for financial help called the Residential Adaptations for Disabilities Program. This program has taken the place of the former Home Adaptations for Seniors' Independence program.

Injuries can be prevented with a little bit of forethought and preparedness.

"If you're planning for the future there's nothing wrong with at the age of 45 putting a grab bar in the bath," says Milner. "Depending on your functional level, it may become a bigger issue as you get older."

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Personal grooming for older adults

Good hygiene. Look good and feel better.

ASHLEIGH MATTERN
For Metro

As we get older, tasks that were at one time simple can start to present a challenge, such as bending over to wash our feet or put on shoes and socks, or opening shampoo bottles or tiny tooth paste caps. Balance, range of motion, and dexterity can all decrease, making daily grooming a tiring chore.

"All grooming or hygiene tasks can become more difficult as we age," says Heather Flett, occupational therapist with the Winnipeg Health Region's community stroke care service.

"It can be a big concern for people because it can impact a lot of other areas of their life. If you're having difficulties with hygiene, you may not want to go out as much, you may begin to isolate yourself, because you know you don't look or feel your best."

Luckily, there are as many different tips and tricks to make personal grooming easier as there are potential tasks.

Flett says grooming can be made easier through adapting how you do certain tasks, and by modifying your environment. If you usually sit on the bed to put your socks on, maybe you need to sit on a lower chair, or find a footstool to bring your foot up. A bath seat can be a simple way to make bathing safer and less tiring.

Conserving energy is also part of the solution. Sit whenever you can while completing grooming tasks, and create a routine that spreads the tasks out throughout the day so you're not trying to complete everything in a half hour, depleting your energy. If you're having memory issues, a routine can also help you to avoid forgetting tasks.

Consulting with an occupational therapist can be an easy way to make a plan. Everyone is different, and each individual will need a different set of solutions, but those solutions are out there if you take the time to ask.

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Luck goes against Harbaugh's Niners

Colts QB Andrew Luck slams the ball scoring on a six-yard touchdown run on Sunday in San Francisco. THEARON W. HENDERSON/GETTY IMAGES

NFL. Sophomore QB outperforms college coach, Kaepernick in win

The San Francisco 49ers find themselves in unfamiliar territory under third-year coach Jim Harbaugh: On a losing streak.

It's pretty uncomfortable for all involved considering the rash of uncharacteristic penalties, a star player headed to rehab for an indefinite absence, and an offence that has produced 10 points the past two games. Not to mention a mistake-plagued defence, supposed to be among the best in the NFL, giving up big plays and showing serious flaws.

Andrew Luck thoroughly outshined Colin Kaepernick in a matchup of Jim Harbaugh quarterbacks past and present, and the Indianapolis Colts beat the San Francisco 49ers 27-7 on Sunday.

"Not winning this game, not being in position to make plays and make it competitive, that was disappointing to all of us," Harbaugh said. "You can question just about everything right now. We didn't play well enough to win in enough areas, on enough downs."

San Francisco has a quick turnaround before a key division matchup at St. Louis on Thursday night — but the 49ers won't have linebacker Aldon Smith, who is seeking treatment following his arrest Friday morning on suspicion of DUI and marijuana possession.

Smith apologized after the game to "everybody I let down," while 49ers CEO Jed York defended the organization's decision to let him play ahead of him leaving the team to get help.

Making matters worse, the 49ers lost All-Pro linebacker Patrick Willis to a groin injury. His status is unclear.

Luck passed for 164 yards while facing his college coach for the first time. Trent Richardson scored a one-yard touchdown on his first carry in his Colts debut after being acquired on Wednesday from the Browns. He was drafted two spots behind top-pick Luck last year.

Ahmad Bradshaw added a one-yard TD run in the final minutes, and Adam Vinatieri kicked a pair of field goals for the Colts (2-1).

This marked Kaepernick's first loss at Candlestick Park as a starter.

Luck stole the show. He completed his initial six passes and spoiled the home team's reunion day between coaches on both sides who know each other's tendencies dating to their days at Stanford.

THE ASSOCIATED PRESS

Quoted

"I wasn't caught up in, 'Oh my gosh, I'm going up against Coach Harbaugh."

Colts QB Andrew Luck, who beat his Stanford coach Jim Harbaugh on Sunday

MLB. O's wild-card future bleak with loss to Rays

Adam Jones can do the math: Sunday's 3-1 loss to the Tampa Bay Rays left the Baltimore Orioles 4 1/2 games out of the AL's wild-card berth with seven games left.

"Basically we're going to have to win out and hope for the best on the other side," the Orioles centre-fielder said.

Baltimore has lost three straight to the Rays going into Monday's series finale.

Enny Romero won in his major-league debut, combining with five relievers on a three-hitter. THE ASSOCIATED PRESS

Rays left-hander Enny Romero got his first win on Sunday. GETTY IMAGES

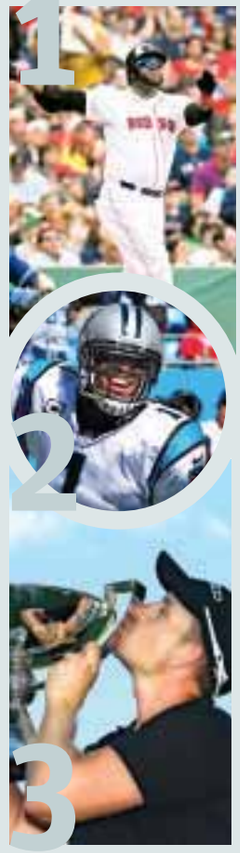
NHL. Maple Leafs win rough outing vs. Sabres

Phil Kessel scored his first two goals of the pre-season and the Toronto Maple Leafs held off a third-period Buffalo Sabres surge to hang on for a 5-3 win Sunday night.

Kessel was involved in the main flash point of the game at 10:01 of the third when he was targeted by the Sabres' John Scott. He backed away from Scott while twice swinging his stick at the Sabres tough guy before a brawl broke out that included a goalie fight between Ryan Miller and Jonathan Bernier. THE CANADIAN PRESS

Leafs goalie Jonathan Bernier takes a swing at the Sabres' Ryan Miller on Sunday. TORSTAR NEWS SERVICE

Sports in pictures



1 MLB. Jays dropped in Beantown

David Ortiz and Jackie Bradley Jr. homered to lead the AL East champion Boston Red Sox to a 5-2 win over the Toronto Blue Jays on Sunday.

1 NFL. Panthers feast in first win of season

Carolina Panthers quarterback Cam Newton threw three touchdown passes and ran for another, and Carolina sacked Eli Manning seven times en route to a 38-0 win over the New York Giants.

3 Golf. Stenson captures cup

Henrik Stenson held off a brief challenge by 20-year-old Jordan Spieth and closed with a 2-under 68 to win the Tour Championship by three shots and capture the FedEx Cup and its $10-million bonus. Stenson earned $1.44 million for winning the tournament.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus
April 21 - May 21
Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini
May 22 - June 21
Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer
June 22 - July 23
Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo
July 24 - Aug. 23
You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo
Aug. 24 - Sept. 23
You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra
Sept. 24 - Oct. 23
If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

♑ Capricorn
Dec. 22 - Jan. 20
The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

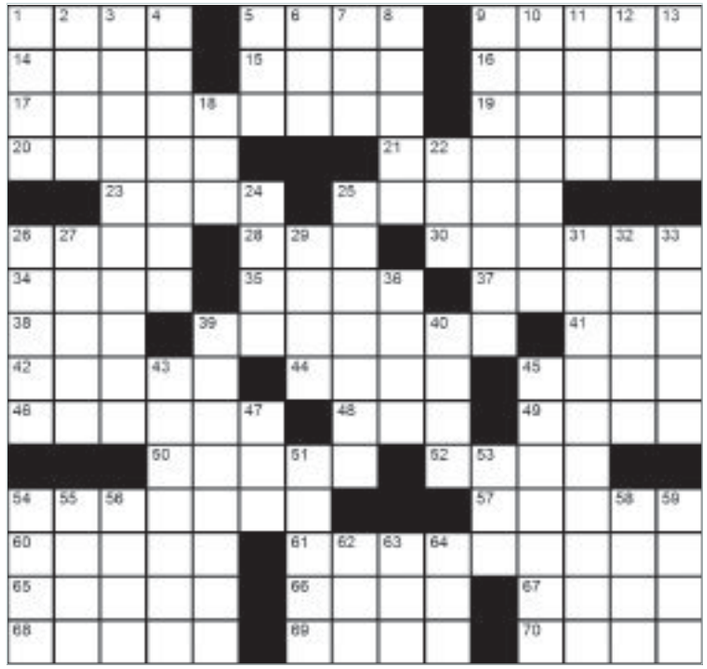
♒ Aquarius
Jan. 21 - Feb. 19
You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces
Feb. 20 - March 20
In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



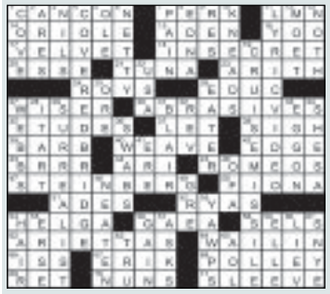
Across

1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "__ Pearl" by 54-40
17. Douglas __ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It __ __" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00_ _ __ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-__, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "__ _-Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to _ __ start
52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. __ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece
66. Fluish feeling
67. British band, __ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

Down

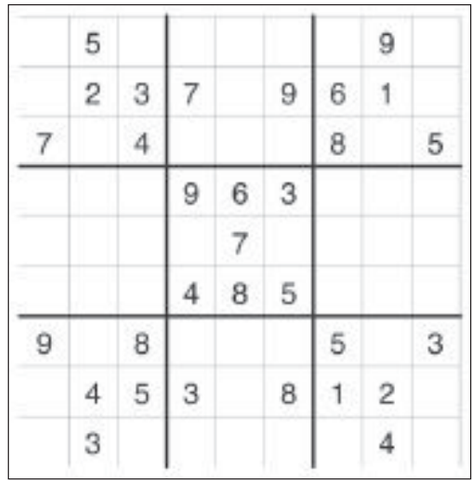
1. Data
2. "Wavin' Flag" by K'__
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"
8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish
18. "Surprise!"
22. Sine __ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's _ __!" (Tied game exclamation)
27. "Love __ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the __
40. Proportionately, Pro __
43. Canadian speed skating great/Olympian, Cindy __
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza __ (Italian verse form)
58. "__ _ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



	5						9	
	2	3	7		9	6	1	
7		4				8		5
			9	6	3			
				7				
			4	8	5			
9		8				5		3
	4	5	3		8	1	2	
	3						4	

Friday's Sudoku

5	3	4	6	2	7	9	8	1
7	6	9	4	8	1	2	5	3
8	2	1	5	3	9	6	4	7
2	9	5	1	7	4	8	3	6
6	4	3	9	5	8	7	1	2
1	7	8	3	6	2	4	9	5
9	5	2	8	1	6	3	7	4
3	8	7	2	4	5	1	6	9
4	1	6	7	9	3	5	2	8

Weather

TODAY	TUESDAY	WEDNESDAY
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